

DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC) Cell

Yoga for the Styled Sedentary Life / Desk Jockeys

Department: MBA (BU)

Date: 1 ST JULY 2020

Sl. No.	Particulars	Event related Details			
1.	Event*	World Yoga Day			
2.	Title of the Event	Yoga for the Styled Sedentary Life / Desk Jockeys			
3.	Date	1 st JULY 2020			
4.	Time	10.00A.M 1.00 P.M.			
5.	Venue	online			
6.	Resource Person 1 Details** (Profile to be enclosed)	Dr. Sudeendra S			
7.	Topics Covered	Dayananda Sagar College of Management Studies had arranged a work shop titled "Yoga for the Styled Sedentary Life / Desk Jockeys" for faculty and Students through yoga and meditation cell. This program was aimed towards improving health of faculty and students who constantly sit in front of the computer/ TV / Smart Phones for a longer duration. This workshop was for about one and a half hours, through which four to five different yoga mudras and techniques were taught. Dr. Sudheendra demonstrated the postures and also briefly explained as to what would be the effect towards performing the said postures. It was little fun filled too where the students participated with utmost care and interest. Many students requested the yoga guru to teach more yoga mudras and asanas which would enhance their health thereby overcoming today's life style diseases			
8.	Resource Person 2 Details** (Profile to be enclosed)	NA			
9.	Topics Covered	The session started with the yoga guru demonstrating various exercises and also asking the participants to perform the yoga postures for reducing the impact of being constantly seated at one place. He also advised that one should walk once in 20 mts for good blood circulation in our body.			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal: 30		External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 187		External: Nil	
12.	Faculty Coordinator/s	Dr Venkatesh B.R., Dr. Srikantamurthy M.R.			
13.	Student Coordinator/s	NIL			

Sl. No.	Particulars	Event related Details
14.	Total Expenditure (Details to be enclosed)	NIL
15.	Sponsors and Amount (if any)	NIL
16.	Agenda of the Event (Enclose a copy)	NIL
17.	Report uploaded on college website? If yes, give details:	NIL
18.	Report sent to media? If yes, give details:	NIL
19.	Report uploaded in Social Media? If yes, give details:	NIL
20.	Certificates Printed? (Enclose a copy***)	NIL
21.	Feedback Collected? (Enclose a copy***)	NIL
22.	Summary of the Event (Minimum 100 words)	Attached
23.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Attached

Notes:

* Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

** Name / Organization / Designation / Area of Expertise

*** Format Copy need to be attached and hard copy need to be filed

PS: Whichever column is not applicable, write as NA.

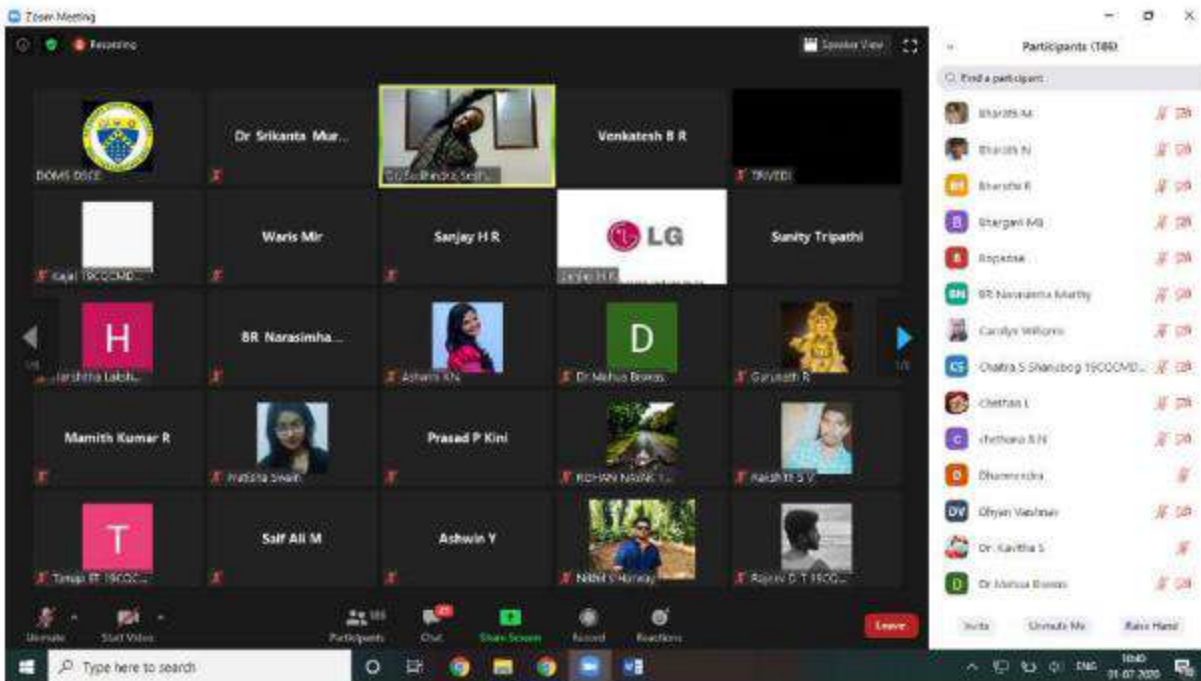
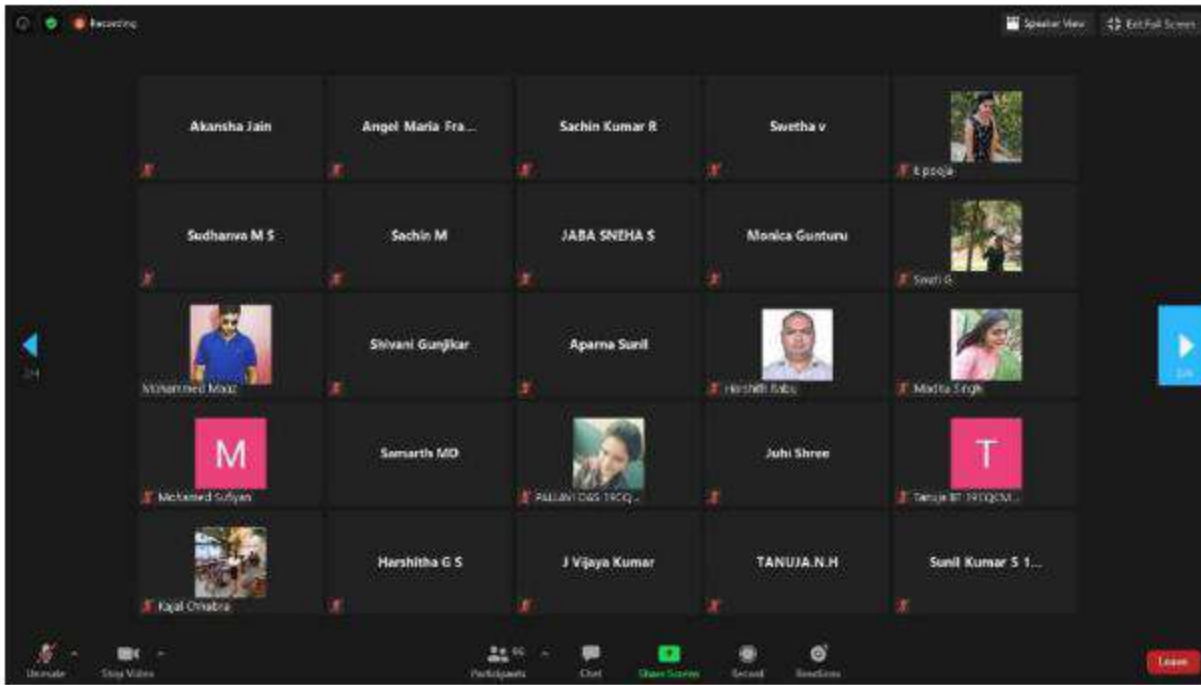

Event Coordinator

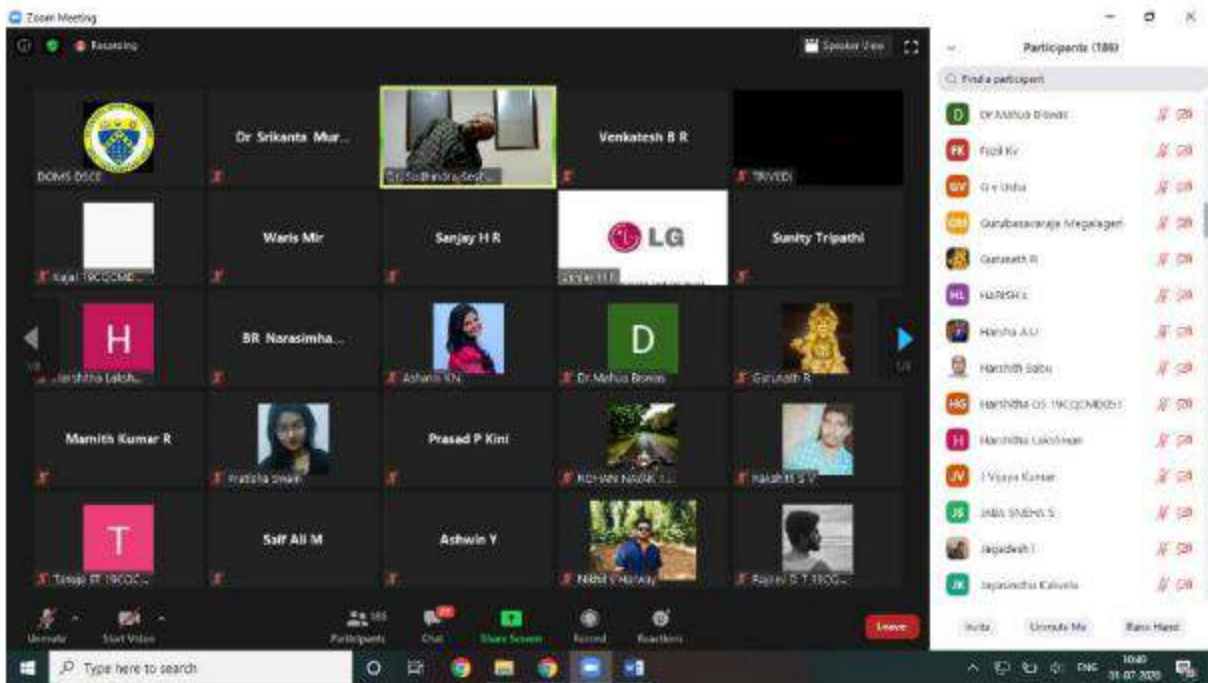
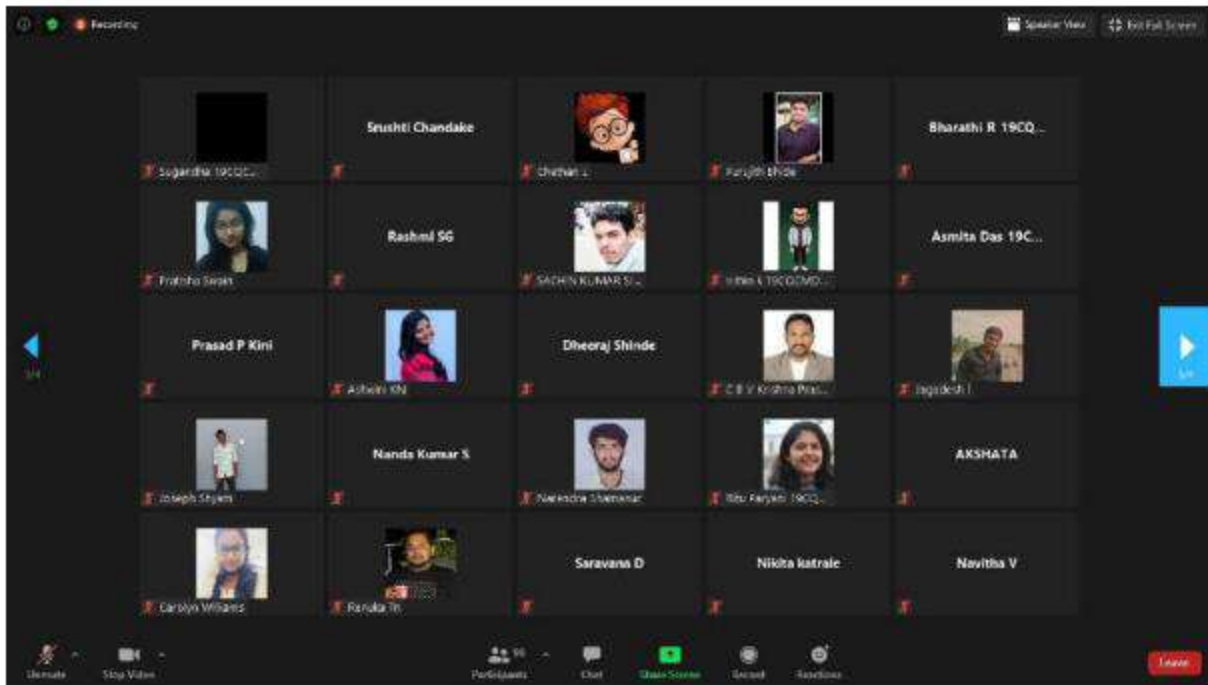

IQSC Co-Ordinator

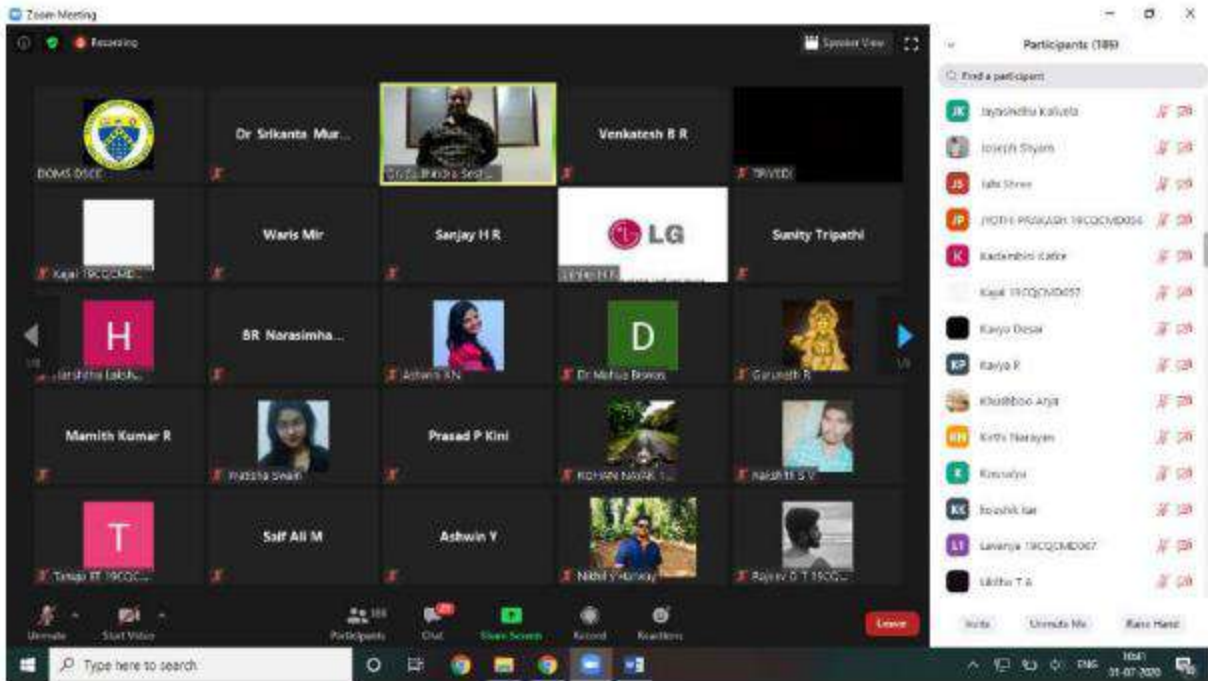
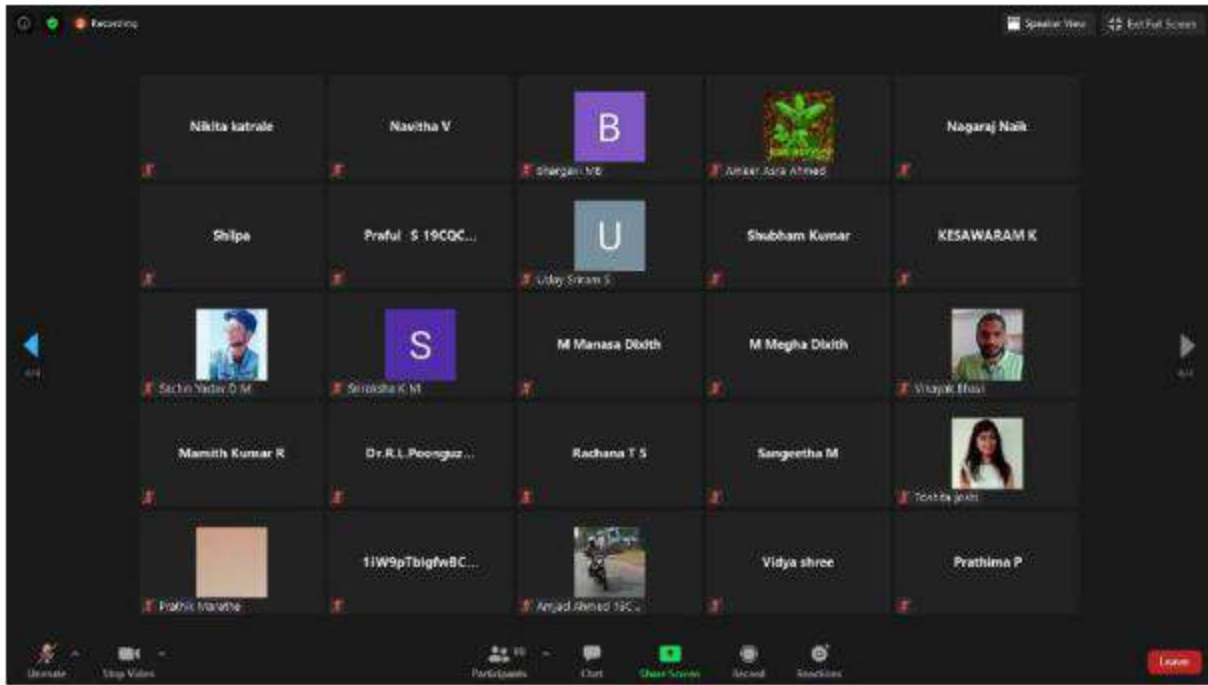

HOD/Director


Principal

Photos







Zoom Meeting

Recording

Speaker View

DOMS DICE

Dr. Srikanta Mur...

VENKATESH B R

Waris Mir

Sanjay H R

Sanity Tripathi

BR Narasimha...

Ashwin A K

Dr. Mahua Bora

Mamith Kumar R

Prasad P Kini

Rajesh H S V

Salf Ali M

Ashwin Y

Participants (183)

Find a participant

- 183ha T A
- M Mahesh Datti
- M Megha Ooth 19CCQM008
- Madhu Singh
- Mahantesh Hugar
- Manish Kumar R
- Mohamed Sulyan
- Mohammed Tawal 19CCQM009
- Mohini K
- Monica Gorkun
- Nandan K M
- Nandini Kumar S 19CCQM008
- Narentris Shanmug
- Nayana T

Update Start Video Participants Chat Share Screen Record Reactions

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1042 25-07-2020

Zoom Meeting

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- Nayana T
- NBM N Gowda 19CCQM009
- NBBS N Hanay
- NBKB Kavya
- NBKB Parth
- NBKB Ramesh Kumar
- Nisha E 19CCQM004
- PAULAM DAS 19CCQM009
- Parthiv Gupta
- Prathiba A
- Prasanna S Balaji
- Pratik S 19CCQM007
- Prayya 19CCQM006
- Prasanna R

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